Concordia UNIVERSITY

Newsletter

SENIOR STUDENTS' NEWS-LETTER

Publisher CONCORDIA Volume Number 2 SUMMER 2004 Issue Number 2

ARE YOU AWARE?

Of the various workshops available to all registered Concordia students (inc. senior, credit or non-credit). These workshops are given free of charge and are held at the following locations:

SGWU HALL BUILDING
Room H-440
LOYOLA Admin. Building,
Room AD-103

Among the workshops you can attend are:

Effective Oral Presentation
Improving Your Memory & Concentration
Improving Your Problem Solving Skills
Learning From Lectures: Note Taking
Learning From Your Textbook: Reading & Remembering
Overcoming Your Math Anxiety
Smart Test Strategies
Time Management, etc.

For more information you can drop in at the above places or call
848-2424-ext. 2545
848-2424-ext. 3555

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ATHLETIC & SPORTS FACILITIES

Concordia's athletic facilities are split between the university's two campuses.

SGWU CAMPUS -1820 de Maisonneuve B. W.
LOYOLA CAMPUS 7200 Sherbrooke St. W.

The Loyola campus focuses on varsity sports, while SGWU focuses on intramural and instructional programs. The latter includes a weight room and a gymnasium, as well as a dance studio.

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As a Concordia student (credit or non-credit) you can participate for a fee in a wide range of activities at many levels such as classical ballet, aerobics, martial arts, fitness, relaxation, and many others.

You even have the option of trying out some activities on a daily basis.

For more information :
SGWU 848-2424-ext. 3860
Or 848-2424 - ext. 3858

If you have access to the Internet you can try:
www.concordia.ca/recreation

NEWSLETTER COMMITTEE

Kathryn Smith	Chair
Norman Goldman	Editor
Sylvia de Niverville	Co-ordinator

Members at large
Lila Lesk
Dolly Tiger

MONEY MATTERS

The Senior Students Scholarship Endowment Fund is in good shape for the year beginning June1st, 2004; and we should be able to meet our award commitments for 2004/2005. There are two new recipients of the T.J. Madden bursaries for the academic year just ended; and the two previous winners have had their awards renewed. Our deep appreciation goes to everyone who made these gifts possible. We urge you to continue to support this valuable project.

Your Annual Giving contributions for the present year can be dropped off at any time at our office (LB 517-4); or that of University Advancement & Alumni Relations.....

FB 520
1250 Guy
(corner Ste. Catherine W.)

We welcome your contributions to the next Newsletter, either by mail to our office or e-mail to the editor. These should not exceed 250 words.

Our office: LB 517 - 1455 Maisonneuve Blvd. W. Montreal, QC, H3G 1M8
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MESSAGE FROM THE CHAIR

Greetings to all Concordia students and welcome to the fourth edition of our Newsletter. I hope you had an enjoyable and intellectually stimulating winter term and are having a restful summer.

This year's registration begins on **Wednesday, Aug. 11th.** You will be receiving a letter with further instructions soon. Since CARL has been abolished the registration method has changed, so please read the letter carefully and follow the new instructions to the letter.

We have a number of interesting articles here which I hope you will enjoy.

Additional volunteers are always needed in the office!

Best wishes for a good summer and a wonderful fall term.

Kathryn Smith.

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SENIOR PROGRAMME VOLUNTEERS

From its inception, the Senior Non-Credit programme has depended on the services of volunteers from the senior student body to organise, admit, advise, and register its members; and to deal with all other related matters.

It should be recognised that the programme has always existed under the aegis of the Centre for Mature Students; and at all times help with the senior affairs when necessary is willingly and generously given by the Mature Student Advisors. However, these valued colleagues are fully occupied with the problems of their legitimate (credit) charges; and we hesitate to increase their burden.

The senior community is approximately 600 strong - approx. 350 are non-credit members - and presently we can rely on 20 or so dedicated aides who give their time to perform the above-mentioned duties and to keep our office open five days a week from 10 a.m. to 2 p.m. We expect our commitment to increase as a result of the new registration procedures; and we shall be particularly in need of computer-literate assistance during registration.

The foregoing is to emphasize that the flow of new volunteers has to be maintained in order to keep the programme alive. The plea for more "staff" is ongoing. We urge you to offer your cooperation where and whenever possible.

Without the gift of time, the gifts received from Concordia since 1983 will disappear.

Sylvia de Niverville

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BOUQUETS

Many of you may have noticed our advertising blitz in the Gazette this past spring. It was all due to the effort of our new publicity girl Patricia Desjardins. Trish accepted the position without hesitation. As the latest addition to the Senior's Committee Trish shares her expertise in her field with us. The response to the ads was outstanding. Well done, Trish. The Senior's Committee appreciates your efforts.

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ETHNIC RESTAURANT OUTINGS

Thanks to Diane Johnston, a member of the Concordia Senior Social Committee, a group has been organized who meet once a month to experience different ethnic food at various restaurants located close to the downtown campus.

During the past several months the group has visited four restaurants featuring Vietnamese, Hungarian, TexMex and Indian cuisines. Diane informed us that presently there are 18 participants and of course there is always room for more.

This is a great way to savour some delicious food and at the same time meet interesting people, who always have a story or a joke to tell.

The general consensus of the group is that the meal (excluding alcoholic beverages) should not exceed $ 20. Reservations are usually made for 6 p.m.

For more information contact Diane at 450-681-8834. E-mail: diane.johnston@sympatico.ca

STUDENT PROFILES - Interviewed by Lila Lesk

Early this spring the following letter arrived in the Concordia Seniors' office:

'To the donors of the T.J. Madden Bursary.

Recently I have been selected to be the recipient of the T.J. Madden Bursary. I am honoured and grateful for this financial support, and I am determined to further concentrate on my academic success. I wish to give my special thanks to you, who support me in this great academic experience even if you do not know me personally.....Christine Pomerleau"

The T.J. Madden Bursary currently provides two new awards a year of $ 2,000 each. It is funded by the **Senior Students Annual Giving Campaign** and is awarded by the University Awards Committee to an eligible first-year undergraduate student recently out of CEGEP. It is renewable twice provided academic standing is maintained.

Meeting this year's recipients Christine Pomerleau and Felicity Anne Spence, is a refreshing experience. Both young women are intelligent and resourceful, with many active interests; but each has ambitious career objectives and is giving her studies highest priority.

Although Christine applied to several universities offering translation programs, Concordia was her first choice and she was happy to be accepted. She had previously spent a month exploring with the help of a professional advisor, her aptitudes, possible fields of study, and programs available. She is certain it was this process that yielded the perfect choice for her. She especially appreciates the sought-after "formule coopérative" to which she was also admitted after taking the required exams and interview. This is a work study format in which 3 three-month periods of authentic employment in translation are built into the course, giving experience in different aspects of translation. The academic time is made up by scheduling both fall-winter and spring-summer sessions. Christine will begin her first work "stage" in July, doing translation in Ottawa.

Felicity, having carried eight courses in CEGEP with ease, was dismayed to find that her fewer courses at university required much more time. The first semester was very stressful. By the second semester, however, she had so improved her time management and study strategy that she was able to participate in the women's sports teams which improved her energy and morale.

Both young women are excited by the intellectual stimulation. For Felicity, her Political Science major was her second choice. She knew little about the subject. She took her electives in psychology and sociology, continuing on her CEGEP experience. Her real commitment to Political Science came in the second semester as a result of a course in global politics where she began to understand its potential. She said of this course and this teacher - "incredible!".

Christine too speaks enthusiastically about how motivating her teachers, and how stimulating her courses are. "My brain needed food", she said. She found the right "food".

Both women had held jobs and each is supporting herself. Throughout this year Felicity has worked 18 hours per week teaching gymnastics and swimming, jobs she worked at in CEGEP as well. Christine of necessisty took a part-time job part way through the term. For both, the bursary relieved the financial stress. But it meant even more. As Christine said, "It was like a pat on the back". For both women it meant - "keep up the good work, we believe in you."

Christine will graduate in 2006 - career-ready. Felicity plans to go on to become a teacher with a specialty in Physical Education. She is thinking of taking her teacher-training in French - her second language - because in addition to the practical reasons, she likes the challenge.

We wish both these young women the success they have worked for. Without a doubt, maintaining this Bursary is one of the best - and most direct - ways for us to give back to the community.

TRAVEL - by Norman Goldman - ST. AUGUSTINE, FL.

If you have not as yet discovered the oldest continuously occupied European settlement in the USA, you will be in for a real treat visiting St. Augustine, Florida. The first Europeans to set foot in St. Augustine were the Spaniards in 1565, and yes, contrary to common belief, this was **forty-two years prior** to the Pilgrims' landing at Plymouth Rock. Under the command of Pedro Menéndez de Aviles, a Spanish force arrived in 1565 establishing a settlement on a harbour that was named St. Augustine.

For the next two centuries the colony was constantly under attack by pirates, Native Americans, and the British. In 1763 the town was ceded to the English, however, twenty years later, they gave it back to the Spanish. In 1821 the United States acquired Florida from Spain, and thus gained control of St. Augustine.

When my wife and I visited St. Augustine last winter we were impressed with this charming and picturesque town that resembles a European village.

Some of the sites to check out:

- **Castillo de San Marcos:** For many years the northernmost outpost of Spain's vast New World Empire was the Castillo San Marcos. The last rest stop for the Treasure Fleets returning to Spain, the fort was built between 1672-1695, and exemplifies the best-preserved Spanish colonial fortification in the continental United States. It also served as a protection for St. Augustine from pirate raids as well as from the British, who were very much interested in acquiring Florida. The fort's structure is built entirely of a very soft shell/sandstone type material called "coquina". As a result of using this material, the fort was nearly impervious to cannon fire.
- **St. Augustine Lighthouse & Museum.** This lighthouse dates back to 1824, when an old Spanish watchtower became Florida's first lighthouse.
- **Lightner Museum.** Once known as the Alcazar Hotel, this Spanish Renaissance style building was built by the railroad magnet Henry Flagler in 1887. This museum is home of some of the most beautiful antiques in the world as well as a brilliant collection of Tiffany glass.
- **The Oldest House (The Gonzalvez-Alvarez)** Florida's oldest surviving Spanish Colonial House is located in the old neighbourhood of St. Augustine. In fact, archaeologists can provide evidence of continuous occupancy of the house from the early 1600's until today !
- **A caleche ride** What my wife and I found most delightful was eating breakfast in one of the B.&B.'s courtyards while listening to the "clip-clop" of horse-drawn carriages as they meander along the narrow brick-paved alleys. We even had one of these horse-drawn carriages pick us up during the evening hours and drop us off at one of the city's marvellous restaurants. This was followed by one of St. Augustine's famous evening ghost tours. The guides certainly have a knack of stretching their imagination! Did we encounter any sightings? Perhaps!

One suggestion before heading out to the historical St. Augustine sites: take an Old Town Trolley Tour, that will acquaint you with St. Augustine and the "must see" venues.

LOCATION: St. Augustine is situated 311 miles north of Miami, 123 miles from Orlando and 191 miles from Tampa.

FOR MORE INFORMATION:
Log on to the Internet site:
http:/www.visitoldcity.com/